



## **Healthy Lifestyle**

### **Training Course**

**Place and Date:** Sigord, Slovakia, 01.10.2016 – 08.10.2016

**Participants:** Youth Leaders, Youth Workers, Coaches, Educators,

**Countries:** Slovakia, Spain, Poland, Portugal, Bulgaria, Italy, Romania

**Language:** The working language will be English.

**The NGO Pro-moveo has the pleasure to present the project “Healthy Lifestyle”, which will be implemented in Sigord, Slovakia, in order to promote healthy lifestyle and healthy habits among young people in order to prevent obesity and pathologies linked to nutritional disorders or sedentary life.**

**Life of Europeans has changed nowadays and that has brought many changes in balanced nutrition as well as in physical activity of individuals. Lack of exercise is linked with many negative impacts on physical and mental health.**

**The aims of the project are as follows:**

- To transfer NFE methodologies to youth/social workers, coaches and educators in order to promote healthy lifestyle and active citizenship in local activities with young people.**
- To raise awareness on the social evil represented by the widespread diffusion of sedentary and unhealthy lifestyles among younger generations in Europe.**
- To strengthen European cooperation among socially oriented actors in elaborating and implementing activities related to healthy lifestyle education, in particular of younger generations.**

### **Activities and Methods:**

The activities will be coordinated through non formal education methods (as group work and activities, presentations, workshops and personal assignments, meetings with trainers, experts etc). During some activities participants will explore the specific issues, reflecting methods and its impacts and simulation exercises for skills development.

### **Organizers and Facilitators:**

The pool of Trainers will be composed by the team of Mine Vaganti NGO, Roberto Solinas, Maria Grazia Pirina and Claudia Baltolu plus the president of the Hosting NGO Pro-Moveo, Alena Nachajova.

**Partners:** The project will host participants (each organisation will send 3 participants) from the following countries:

**Slovakia:** PRO-MOVEO

**Spain:** AJ INTERCAMBIA

**Poland:** Youth of Europe

**Portugal:** A.I.A.M.

**Bulgaria:** Champions Factory Sports Club

**Italy:** Mine Vaganti NGO

**Romania:** Surf The Earth Project - Step

## TRAVEL COSTS

According to new Erasmus Plus rules, the reimbursement of travel costs will be calculated using a specific program called Distance Calculator:

COUNTRY	MAXIMUM AMOUNT REFUNDABLE PER PARTICIPANT
SLOVAKIA	0
SPAIN	360
POLAND	180
PORTUGAL	360
BULGARIA	275
ITALY	275
ROMANIA	275

After sending their tickets and boarding cards, participants will receive the reimbursement of their travel costs once the hosting organization receives the first tranche of payment by the Slovakian national agency.

Food, accommodation and local transports for activities will be fully covered by the project.

**Please do not buy tickets without confirmation from the organizers.**

**Arrival Day: 1/10/2016 – Departure Day 08/10/2016**

THE VENUE IS THE TOWN OF SIGORD IN PRESOV REGION...



### HOW TO REACH SIGORD?

The best option is to fly to Kosice (better) or Bratislava, Wien or Budapest and then take public transport: bus (to Presov) or train (to Kysak). The hosting organization will support you in the creation of your travel plan and during your travel. Remember to do not buy anything without our confirmation.

For any inquiry, please contact us at following email address:

[partenzemine@gmail.com](mailto:partenzemine@gmail.com)

### ARRIVAL

The organization will fix pick up point with the participants and will provide further information about the means of transportation between the airport and the venue.

**Please note: to not purchase any tickets without receiving an official confirmation by email sent by the organisational staff.**

## **WHAT TO BRING?**

- 1) We planned excursions and sports/ physical activities everyday for you: bring comfortable shoes and clothes
- 2) Since there is going to be an international evening, we will ask you to bring something traditional, famous or delicious from home - that you would like to represent your country with, and share with the others, it can be any kinds of food, drink...
- 3) Materials from your Sending Organisation
- 4) Medicines and insurance;
- 5) Original travel e-tickets and invoices like train tickets, boarding passes, bus tickets etc. (fundamental in order to be reimbursed);
- 6) Your personal belongings

## **WEATHER**

The weather during October in these parts of Europe can be very cold. Please make sure you bring both regular clothes and warm clothes. As October is just before the start of the cold season in Eastern Europe.

## **ACCOMODATION**

<http://www.opalexsigord.sk/>

## FOOD

Food will be provided directly in the hotel where participants will be hosted.



**For further inquire, please contact:**

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